



FFVP MENU FEBRUARY 3 DAY

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Granny Smith Apples		Pineapple		Winter Radish
9	10	11	12	13
Grapefruit		Snow Peas	Honeydew	No School
16	17	18	19	20
No School	Red Plums		Mango	Arugula
13	24	25	26	27
No School	Blueberries		Blackberries	Kiwi

FFVP Focus February

Arugula

Arugula, also known as salad or garden rocket, is one of the nutritious green-leafy vegetable of Mediterranean origin.

Young arugula leaves are sweet in flavor while mature arugula leaves have a strong, peppery flavor.



All Vegetables are to be served with 1 low fat dressing packet

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